



THE
URBAN DISTRICT COUNCIL
OF SHERINGHAM

A N N U A L R E P O R T
of the
M E D I C A L O F F I C E R O F H E A L T H
to which is appended
THE REPORT OF THE
P U B L I C H E A L T H I N S P E C T O R

1 9 6 9



THE URBAN DISTRICT COUNCIL OF SHERINGHAM

Public Health Department

STAFF

J. A. D. BRADFELD, M.B., B.Ch., B.A.O., D.P.H., B.A. (To 30. 9. 1969)

L. McMurdo, M.R.C.S., L.R.C.P., D.P.H. (From 1. 10. 1969)

Local Health Office,
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Surveyor and Public Health Inspector.

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Inspector of Meat and Other Foods

U.D.C. Offices,
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Deputy Surveyor and Additional Public Health Inspector

K. A. BARKER

Diploma of the Public Health Inspectors'
Examination Board.
Diploma of the Royal Society of Health as
Smoke Inspector.

Clerical Assistant

R. A. N. HENRY

Clerk/Typist

Miss S. L. Martin (From 17th November 1969)

HIGHWAYS & PUBLIC HEALTH COMMITTEE

Chairman

Vice-Chairman

Councillor Mrs. R. P. Agutter.

Mr. Councillor H. J. Child (ex-officio).

Mr. Councillor J. N. Farrow.

Mr. Councillor J. H. Pegg.

Mr. Councillor B. Pigott.

Mr. Councillor C. Robinson.

Mr. Councillor N. G. Wilson.

Mr. Councillor L. F. Temple,

THE URBAN DISTRICT COUNCIL OF SHERINGHAM

THE ANNUAL REPORT OF THE MEDICAL OFFICER OF HEALTH

FOR THE YEAR ENDED 31st DECEMBER, 1969.

Mr. Chairman, Madam and Gentlemen,

I have the honour to present the Annual Report for the year ended December 31st 1969.

In an area where the industry employing the greatest number of people is catering for visitors many problems can arise. As yet I have not the experience of problems peculiar to Sheringham in this respect. Among the problems is that of clean food from shops, restaurants and hotels. It is accepted that good staff are difficult to get and even more difficult to keep but all persons dealing with the public's food are guardians of the public's health. This responsibility rests on all employers as well as on the Public Health Department. Employers must ensure that their staff are fully conversant with the shelf life of the goods they sell, and the assistant who puts today's delivery in front of that already on the shelf is guilty of deceiving the public to as great an extent as the employer who by accident or design permits such fraud, for fraud it surely is. Manufacturers have strictly supervised conditions of preparation so distributors and purveyors must observe the same meticulous care.

The Public Health Department under the Food Hygiene Regulations 1960 and Offices, Shops and Railway Premises Act 1963, endeavours to ensure the safety of the public. But what of the Public? How clean are the consumers? It is not sufficiently realised that germs causing food poisoning, diarrhoea and vomiting are swallowed. How often do diners with obviously dirty hands sit at table, break their bread roll and eat quite unconcernedly. These same people would complain bitterly of dirty food but they handle the cruet and leave germs thereon. Do people wash their hands before putting sweets or biscuits in their mouths or even handling cigarettes? It is true that as yet no major outbreak has been traced to these dirty habits but how many minor episodes had their origin thus? Far stricter attention must be paid by individuals to this side of personal hygiene.

As a nation we are animal lovers but the place of a dog is not in a food shop and customers so often do not realise that the shop owner who asks the dog owner to leave the pet outside the shop is trying to safeguard the general interest. We are all guardians of the Public's Health and this guardianship should be observed much more carefully.

General Statistics.

Area in acres	929 acres
Estimated population mid 1968	5060
Estimated population mid 1969	5040
Rateable Value at December 31st 1969	£204,193.
Product of Penny Rate 1968-69	£823,14.5.

The local industries include four small factories - a small engineering one, one engaged in the production of ladies hairdressing salon fittings and furniture, another factory producing shoes, and a fourth making bow-ties, and in season there is employment in fishing. A major industry is catering for visitors.

Vital Statistics.

	<u>1969.</u>	<u>1968.</u>	<u>England & Wales.</u>
Live Births	49	50	
Live Birth Rate per 1,000 population (adjusted)	13.4	15.2	16.3
Illegitimate live births per cent of total live births	8%	10.7%	8%
Stillbirths	-	1	
Total live & stillbirths	49	51	
Infant Deaths (Deaths under 1 year)	1	-	
Infant Mortality Rates			
Total infant deaths per 1,000 live births	20	-	18
Deaths of legitimate infants per 1,000 legitimate live births	22	-	17
Deaths of illegitimate infants per 1,000 illegitimate live births	-		25
Neonatal mortality rate (deaths under 4 weeks per 1,000 live births)	20		12
Early neonatal mortality rate (deaths under 1 week per 1,000 live births)	20		10
Perinatal mortality rate (stillbirths and deaths under 1 week per 1,000 total births)	20		23
Deaths all ages	90		
Death rate (adjusted)	10.4	11.2	11.9
Estimated mid year population	5,040	5,060	48,826,800

There was a natural decrease (deaths - births) of 41. There was a population decrease of 20, hence 21 new residents came to the area. The birth rate 13.4 per thousand population is below the national rate. The death rate is also below the national average. One baby died under the age of one week giving a perinatal mortality rate of 20 per 1,000 births, showing how deceptive small figures can be. I am pleased to report there were no still births and no maternal deaths.

DEATHS The following table shows the causes of death as supplied by the Registrar General for 1969.

<u>Individual Causes</u>	<u>Male</u>	<u>Female</u>	<u>Total</u>
Malignant Neoplasm, Buccal Cavity, Etc.	-	1	1
Malignant Neoplasm, Stomach	1	3	4
Malignant Neoplasm, Intestine	1	3	4
Malignant Neoplasm, Lung, Bronchus	4	-	4
Malignant Neoplasm, Breast	-	1	1
Malignant Neoplasm, Uterus	-	1	1
Malignant Neoplasm, Prostate	1	-	1
Other Malignant Neoplasms	2	3	5
Ischaemic Heart Disease	12	22	34
Other Forms of Heart Disease	2	4	6
Cerebrovascular Disease	3	9	12
Pneumonia	6	5	11
Appendicitis	1	-	1
Hyperplasia of Prostate	2	-	2
Diseases of Musculo-Skeletal System	-	1	1
Other Causes of Perinatal Mortality	1	-	1
Suicide and Self-Inflicted Injuries	-	1	1
	<hr/>	<hr/>	<hr/>
TOTAL ALL CAUSES	36	54	90
	<hr/>	<hr/>	<hr/>

There were no deaths between the ages of 5 weeks and 45 years, and only 5 deaths in the 45 to 54 years age group. 93% of deaths occurred over the age of 55 years, 81% over the age of 65 years and the highest number (47 deaths that is, 52% of all deaths) occurred over the age of 75 years thus showing how healthy the district is.

Coronary Artery Disease (Ischaemic Heart Disease) was responsible for 34 deaths, that is 37% of all deaths but unlike the usual picture the main age group in which this occurred was the over 75 years (22 deaths). There were only 2 deaths in the 45 - 54 years age group, a group which in the general population has a much greater incidence of this disease. There is a close correlation between smoking and coronary artery disease. The stress of "keeping-up-with-the-Jones" appears to be eased by that cigarette and so the habit grows. It is sad that achievement should be so fraught with health hazard. One in three cases of coronary artery disease die in the first attack.

Another disease showing a direct relationship with cigarette smoking is cancer of the lung. 19% of all cancer deaths were due to lung cancer.

One wonders how far is lung cancer and coronary artery disease preventable. In a non-smoking society would these diseases be unknown? Our young people could prove this by not starting the pernicious smoking habit.

Deaths by Age and Sex of Coronary Heart Disease and Lung Cancer.

Disease.		Age in Years.			
		45-54	55-64	65-74	Over 75
Coronary Artery Disease	Male	1	4	3	4
	Female	1	1	2	18
Lung Cancer	Male	1	1	2	4
	Female	-	-	-	-

INFECTIOUS DISEASES

	<u>1969</u>	<u>1968</u>
Dysentery	3	-
Infective Hepatitis	-	2
Measles	-	80
Scarlet Fever	5	-
Tuberculosis (new cases)	1	-

The three cases of dysentery were due to Shigella sonnei - a common form and there was no connection between the cases.

Measles Vaccination was commenced in May 1968 but since measles incidence in the population is biennial in character it is not correct to assume that absence of infection in 1969 is due to the preventive measures of 1968 though it is to be hoped that there is a higher level of immunity in the susceptible population.

Tuberculosis Register.

	1969			1968		
	Male	Female	Total	Male	Female	Total
Pulmonary	13	16	29	12	17	29
Non-Pulmonary	-	3	3	-	2	2
Total	13	19	32	12	19	31

During 1969 there was one new case (male pulmonary) and one inward transfer (Female non-pulmonary). One case (female pulmonary) was removed from the register for non-attendance at the clinic.

PREVENTION OF INFECTIOUS DISEASE.

Norfolk County Council offer protection against whooping cough, diphtheria, tetanus, poliomyelitis, measles and tuberculosis by immunisation schemes in Child Health Clinics and in the School Health Service.

Primary immunisation against whooping cough, diphtheria and tetanus (triple antigen) is commenced at four to six months of age, a second injection is given 2 months after the first one and a third injection at 6 months after the second injection completes the course. The three doses of oral poliomyelitis vaccine are given concurrently with the triple antigen. A "booster" dose of diphtheria/tetanus toxoid and oral poliomyelitis is given on school entry. A further "booster" dose of tetanus toxoid and oral poliomyelitis vaccine is given at age 14 - 15 years prior to leaving school. It is very important that a high level of immunity to tetanus be maintained particularly in agricultural areas.

Primary vaccination against smallpox is recommended in the second year of life. Because of the increase in air travel it is important to have a primary vaccination at this early age when little or no disturbance occurs. To have a primary vaccination as an adult can have very uncomfortable results!

The work done by General Practitioners and the County Departmental Medical Officer in the above field is shown in the following table.

Type of Vaccine	Course	Year of Birth						Total
		1969	1968	1967	1966	1962-1965	Others under 16 years.	
Whooping Cough/ Diphtheria/ Tetanus	Primary	1	28	1	-	-	-	30
	Reinforcing	-	4	11	1	2	1	19
Diphtheria/ Tetanus	Primary	-	-	-	-	-	-	-
	Reinforcing	-	-	1	-	7	2	10
Tetanus	Primary	-	-	-	-	-	-	-
	Reinforcing	-	-	-	2	1	7	10
Poliomyelitis	Primary	1	28	1	-	-	-	30
	Reinforcing	-	2	11	2	8	1	24
Measles		-	13	24	11	8	5	61

Smallpox Vaccination.

Age at date of vaccination	under 1 year	1-2 years	2-4 years	5-15 years	Over 15 years	Total
Primary	1	15	9	-	-	25
Re-vaccination	-	-	-	4	-	4

B.C.G. Vaccination.

Norfolk County Council via the School Health Service offer protection against tuberculosis by B.C.G. Vaccination of 13 year old age group. Though the "White Scourge" no longer exists as such in Great Britain there is still the undetected case hence it is wise to be protected against the possibility of infection.

Number of children eligible	102
Number of acceptances	88
Number of children heaf tested	76
Number of tests read	67
Number of tests positive	1
Number of children vaccinated	66
Tuberculin index (percentage positive readings of total readings)	1.5

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CHILD HEALTH CLINICS.

Under the National Health Service Act 1946 Norfolk County Council provide a Child Health Clinic at St. Peter's Parish Hall on the first and third Tuesdays each month. The Medical Officer attends on the first Tuesday each month. The routine examination of babies and young children may lead to the detection of that slight deviation from the normal sufficiently early to enable treatment and thus prevent later handicap. Immunisation and vaccination against whooping cough, diphtheria, tetanus, poliomyelitis, smallpox and measles is offered. A further and to my mind very important function of the Child Health Clinic is that mothers can discuss problems not strictly medical for matters that worry mother have repercussions throughout the household. Young mothers can meet others of their own age group and the Child Health Clinic has helped many new young residents to feel at home in a new area.

Finally I would like to thank the members of the Public Health Committee for the interest shown in the work of the Department. I am grateful to the staff of the Urban District for their tolerance and their kindness, and also to the staff of the Cromer Health Office for their help in producing this Report.

I remain

Your Obedient Servant

Lydia McMurdo, L.R.C.P., M.R.C.S., D.P.H.

R E P O R T
OF THE
SURVEYOR AND PUBLIC HEALTH INSPECTOR.

RECORD OF INSPECTIONS

<u>Public Health Acts</u>	<u>1969.</u>
Initial Inspections	35
Re-visits	32
Smoke observations	-
Means of escape in case of fire	15
Noise abatement	2
<u>Caravan Sites and Control of Development Act</u>	25
<u>Civic Amenities Act</u>	1
<u>Housing Acts</u>	
House Inspections	59
Re-visits in connection with above	42
Visits in connection with application for grants under Housing Act 1949	59
Visits re Slum Clearance	30
<u>Food and Drugs Act</u>	
Premises inspected	126
Visits re manufacture and sale of Ice-cream	15
Visits re Dairies and inspection of milk retailers' vehicles	-
Slaughterhouses and Meat Inspection visits	151
Visits re Shellfish	3
Diseases of Animals Act, Waste Foods Order	3
<u>Sewerage</u>	
Inspection of sewerage systems, disposal works and Public Conveniences	55
Contract (Sewerage) Visits	1
<u>District Scavenging</u>	
Visiting workmen on rounds, investigating complaints, etc.	386
<u>Factories Act</u>	
Inspection of Factories with power	13
Inspection of Factories without power	2
<u>Building Regulation Inspections</u>	
Inspections during course of construction	796
Town & Country Planning Acts and Regulations	25
<u>Infectious Diseases</u>	
Cases investigated	14
<u>Rooms Disinfected</u>	4
<u>Petroleum Acts</u>	
Installations inspected and tested	8
<u>Prevention of Damage by Pests Act</u>	7
<u>Offices, Shops and Railway Premises Act</u>	53
<u>Car Parks</u>	46
<u>Water Supply</u>	10
<u>Foreshore and Coast Protection</u>	118
<u>Highways</u>	386
<u>Council Housing</u>	129
<u>Other Council Properties (Parks and Gardens, etc.)</u>	125
<u>Other Inspections</u>	
Not classified under headings above but made in connections therewith	152
9.	Total visits made <u>2926</u>

RECORD OF INSPECTIONS - (Continued)

NOTICES SERVED

<u>Informal Notices</u>	<u>1969.</u>
Public Health and Housing Acts	13
Food and Drugs Act	29
Factories Act	-
Building Regulations	8
Prevention of Damage by Pests Act 1949	1
Caravan Sites and Control of Development Act 1960	2
Offices, Shops and Railway Premises Act	6
Clean Air Act	-
Highways Act	11
Other	2
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Total Informal Notices	72
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Formal Notices

<u>Public Health Acts</u>	1
<u>Housing Acts</u>	-
	<hr/>
Total Notices served	1
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HOUSING

(a) Slum Clearance

During the year three houses were reported to the Council as unfit for human habitation and not capable at a reasonable expense of being rendered as fit.

Closing Orders were made in respect of three houses.

(b) New Dwellings

The following figures include conversions of non-domestic buildings to habitations:-

By private persons - 39 completed and 52 under construction at the end of the year.

By Local Authority - Nil.

(c) Improvement Grants - Discretionary

The following are the statistics of Discretionary Grants approved during the year:-

Amount of Grant approved	For occupation by		Grant essential to preserve house and provide amenities	Grant to improve amenities only.
	Owner	Tenant		
<u>January to December 1969.</u>				
£368. 0. 0.	-	3	-	3

(d) Improvement Grants - Standard

The following are the statistics of Standard Grants approved during the year:-

Maximum amount of grant approved	For occupation by	
	Owner	Tenant
<u>January to December 1969</u>		
£2696. 0. 0.	11	5
<u>Reduced standard</u>	-	-

(e) Housing Act 1969.

This Act introduced the Qualification Certificate procedure to secure the payment of fair rents on houses which were improved to the standard required for Standard Grant or which already had the Standard amenities. The Council gave to it's Public Health Inspector power to issue the necessary Notices and Certificates.

The Act also revised the Improvement Grant legislation and by the end of the year the signs were that public interest in grant-aided house improvement was growing.

PLANS BROUGHT BEFORE THE COMMITTEE

Number of Plans considered by Committee 1969		-	150		
<u>New dwellings</u>	<u>Alterations to dwellings</u>	<u>Shops</u>	<u>Domestic Garages</u>	<u>Misc.</u>	
<u>Building Regulations</u>					
19	49	11	18	24	
<u>Outline and Planning only</u>					
11	2	2	-	14	

It was necessary to refuse only two applications for approval under the Building Regulations.

DISTRICT SCAVENGING

Once-weekly collection of household refuse was made, and trade refuse was collected separately, a charge being made for the latter service. Bulky items of domestic refuse were collected free of charge on request, a service which was much appreciated by the public.

A 35 cubic yard Shelvoke & Drewry "Pakamatic" vehicle was purchased to replace the 17 cubic yard "Karrier".

Disposal of refuse is by controlled tipping at a site used and maintained by the neighbouring Rural Authority.

SEWERAGE AND SEWAGE DISPOSAL

The sewerage system continued to surcharge in places in times of heavy rain, most trouble of this sort being experienced in the sewers serving properties in Beeston Regis, in Nelson Road and in Churchill Crescent. The sewer serving properties in Beeston Regis in in urgent need of attention since further development is taking place in the area served.

PUBLIC CONVENIENCES

The erection of a new public convenience at the Cromer Road playing field was commenced.

PREVENTION OF DAMAGE BY PESTS ACT

42 properties were treated for rat and mouse infestation, necessitating 264 visits by the operative.

FOOD

(a) Food Preparing Premises

The number of premises in the District is as follows:-

Catering Premises	-	20
Public Houses and Clubs	-	11
Fishmongers (wet fish)	-	3
Fried fish shops	-	3
Preserved food factory	-	1
Provision stores	-	15
Butchers	-	6
Greengrocers	-	8
Bakers Shops and Bakehouses	-	4
Confectioners	-	13

Twelve samples of ice-cream were taken, all being classified as satisfactory.

(b) Milk

42 samples were taken by the County Council's officers. 41 satisfied the phosphatase test for efficiency of heat treatment and one failed. 33 satisfied the methylene blue or cleanliness test, five samples were void, and four failed.

(c) Meat Inspection

100% meat inspection has been carried out, and with the co-operation of the butcher concerned, has taken place in normal office hours, except for Public Holidays.

Carcases Inspected and Condemned for the Year 1968.

	Cattle	Calves	Sheep and lambs	Pigs
Number Inspected	203	1	89	144
<u>All Diseases except Tuberculosis and Cysticercosis</u>				
Whole Carcases condemned	-	-	-	1
Carcases of which some part or organ was condemned	33	-	3	37
Percentage of the number inspected affected with disease other than Tuberculosis and Cysticercci	16.25%	-	3.37%	25.35%
<u>Tuberculosis only</u>				
Whole Carcases condemned	-	-	-	-
Carcases of which some part or organ was condemned	-	-	-	-
Percentage of the number inspected affected with Tuberculosis	-	-	-	-
<u>Cysticercosis</u>				
Carcases of which some part or organ was condemned	-	-	-	-
Carcases submitted to treatment by refrigeration	-	-	-	-
Generalised and totally condemned	-	-	-	-

(d) Slaughterhouses

The one slaughterhouse in operation has continued to maintain a high standard.

FACTORIESFactories Act 1961Annual Report for 1969 under Section 153(1) of the
Factories Act 1961.

1. Inspections for the purposes of provisions as to health (including inspections made by Public Health Inspectors).

Premises (1)	No. on Register (2)	Number of		
		Inspect- ions (3)	Written Notices (4)	Occupiers Prosecuted (5)
(i) Factories in which Sections 1,2,3,4 and 6 are enforced by Local Authorities	4	2	-	-
(ii) Factories not included in (i) in which Section 7 is enforced by Local Authority	19	13	-	-
(iii) Other premises in which Section 7 is enforced by Local Authority (excluding out-workers premises)	Nil	-	-	-
Total	23	15	-	-

2. Cases in which DEFECTS were found:-

Particulars	Number of cases in which defects were found				Number of cases in which prosecutions were instituted
	Found	Remedied	Referred		
			to H.M. Inspector (4)	by H.M. Inspector (5)	
(1)	(2)	(3)	(4)	(5)	(6)
Want of cleanliness (S.1)	3	-	-	-	-
Overcrowding (S.2)	-	-	-	-	-
Unreasonable temperature (S.3)	-	-	-	-	-
Inadequate ventilation (S.4)	1	-	-	-	-
Ineffective drainage of floors (S.6)	-	-	-	-	-
Sanitary Conveniences (S.7)					
(a) Insufficient	1	-	-	-	-
(b) Unsuitable or defective	-	-	-	-	-
(c) Not separate for sexes.	-	-	-	-	-
Other offences against the Act (not including offences relating to Outwork)	5	-	-	-	-
TOTAL	10	-	-	-	-

OFFICES, SHOPS AND RAILWAY PREMISES ACT 1963TABLE A REGISTRATION AND GENERAL INSPECTIONS

Class of Premises	Number of premises registered during the year	Total number of registered Premises at end of year	Number of registered premises receiving a general inspection during the year.
Offices	1	28	5
Retail Shops	2	65	23
Wholesale shops and warehouses	-	-	-
Catering Establishments open to the public, canteens	-	20	15
Fuel storage depots	-	3	3

TABLE B

Number of visits of all kinds by Inspectors to registered premises:-
56.

TABLE C ANALYSIS OF PERSONS EMPLOYED IN REGISTERED PREMISES BY WORKPLACE

Class of Workplace	Number of persons employed
Offices	89
Retail shops	261
Wholesale departments, warehouses	-
Catering establishments open to the public	104
Canteens	-
Fuel storage depots	9
Total	463

Total males 176

Total females 287

TABLE D. EXEMPTIONS

No applications for exemption under the Act were made during the Year.

TABLE E. PROSECUTIONS

No prosecutions were made during the Year.

WATER SUPPLIES

The Eastern Gas Board serve water to all the properties within the Urban District by a piped supply. The collecting ground, pumping station and reservoirs are situated in the Sheringham Woods, a situation which is isolated and enclosed approximately half-a-mile South of the Town.

The water is derived:-

- (a) From springs situated within the collecting grounds and stored in reservoirs.
- (b) From two deep wells sunk in chalk approximately 400 feet deep. The water is pumped into a reservoir at a higher level to supply by gravitation the high-lying parts of the Town.
- (i) (a) Quality of Water. On behalf of the Eastern Gas Board, the County's Public Health Laboratory carried out bacteriological examinations and chemical analyses of the treated water as supplied in the Urban District during the period under review, which showed a very high standard of purity. Certificates giving the result of these bacteriological and chemical examinations are exhibited in the Showroom of the Eastern Gas Board's premises in Sheringham, for the perusal of the general public. Chlorine residue tests are carried out daily on the Spring and Well waters. Bacteriological examinations are made of samples taken by the Council's officers from premises throughout the District.
- (b) Quantity of Water. The quantity of water supplied in the Urban District is sufficient for all purposes during dry weather, The quantity of water obtained from the various springs naturally varies a little during the Summer and dry weather, but the level of the water in the boreholes varies little however much it is pumped and has never shown signs of failing.
- (ii) The water supplied within the Urban District is not liable to plumbo-solvent action, as the p.H. Reaction of the water is neutral or on the alkaline side of neutrality.
- (iii) (a) Number of dwelling-houses supplied direct from public water mains 1,907.
Number of static population supplied from public water mains 4,865.
- (b) Number of dwelling-houses supplied by means of stand pipes 9.
Number of population supplied by means of stand pipes 27.

After the installation of an electric submersible pump a few years ago complaints were received due to the % of iron in the water. This was traced to there being no oxygen entrained with the water lubricating the bearings as with the former centrifugal pump, resulting in poor extraction of the iron in the pressure filters. To overcome this a small air compressor was installed and excellent results in iron removal have since been obtained.

STAFF.

Miss S. L. Martin joined the staff as Clerk/typist on 17th November 1969.

Your obedient Servant,

P. A. PAGE.

Surveyor and Public Health Inspector.

